



# Wiyot News

Volume I, 09

January 2009

Edited by Linda C. Woodin

Wiyot Tribe

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## HAPPY NEW YEAR!

It's January 2009 and we are entering a time where dreams can be realized and major changes in our government will happen. WE HAVE A NEW PRESIDENT.

We also have more representation. 17 tribes won their state and local elections with 23 American Indian candidates. Denise Juneau is the first American Indian woman elected to statewide office in Montana, and only the 3rd tribal member ever elected statewide is the Superintendent of Public Instruction. (Three Tribes Affiliated)



In the South Dakota State House, Kevin Killer and Ed Iron Cloud III won both Democratic seats. (Oglala Sioux Tribe)

In Pennsylvania, Barbara McIlvaine Smith, a Democratic, took her seat. (Sac & Fox)

Todd Gloria won his San Diego City Council race, (Tlingit-Haida)

As President Obama appoints a new team of cabinet members and fills other key federal work posts, he names six Native people to his *transition team*-half of them assigned to assist in Interior Department policy, budget and personnel changes. So far, Mary Smith, Mary McNeil and Yvette Robideaux have been assigned to work on justice, agriculture

and health issues, while three current and former attorneys with the Native American Rights Fund-John Echohawk, Keith Harper and Robert Anderson will advise Obama on changes proposed within the Interior Department. Keith Harper is the only Native representative assigned to the highest ranks of the Obama transition. "President Obama has set a high bar for the transition team to execute the most efficient, organized and transparent transfer of power in American history. He pledged to change the way Washington works, and that begins with shifting influence away from special interests and restoring it to the everyday Americans who are passionate about fixing the problems facing our country."

Job seekers are being encouraged to submit their resumes, and many Native people have already done so. The team expands constantly as they look for gaps and bring in other people and now we have several Native Americans in a variety of different positions.

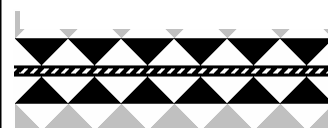
Hope for Guidance....

Keep informed .....

(The state by state information was sent via email from INDN organization and from Jodi Rave of the Missoulain)

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### Mark Your Calendar

**\*January 1 Tribal Office Closed**

**\*January 5th**

**Wiyot Parent Comm. 6pm**

**\*January 12**

**Business Council 6pm**

**\*January 19th**

**Martin Luther King Jr. Tribal Office Closed**

**\*January 26th**

**Business Council 6pm**



## Of Interest...

### Social Security increased

About 50 million seniors will get a 5.8 percent increase on their January 2009 Social Security checks. The cost of living adjustment will mean about \$63 for the average recipient. The average retired couple will see an increase of \$103.00 a month.

It's a good news for retirees struggling with higher prices, low interest rates on their savings and a big decline in the value of their investments. The deduction from Social Security checks for Medicare will remain the same as in 2008.

Social Security is the only source of income for 21 percent of seniors.

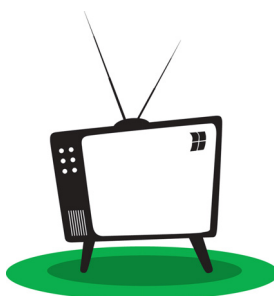


### Countdown to Digital TV

Americans with older, analog televisions, which receive signals by antenna, **MUST** switch to digital by February 17, 2009. Subscribers to cable or satellite service should ask their providers if they need special equipment for digital reception. If you don't buy a digital model, a converter box will change digital signals back to analog. The boxes range from \$50 to \$75 each, and you can request up to two \$40 coupons

to apply to the purchase of the boxes. Even if you don't need the two free \$40 government coupons that help defray the cost of TV converter boxes to prepare for the switch to digital television signals, apply for them anyway. You can donate them to other individuals or institutions such as shelters. Some public television stations are coordinating donation drives. Coupons expire 90 days after issue, so pass them on quickly. Apply on line at [www.dtv.gov](http://www.dtv.gov) or call 1-888-388-2009 toll free.

**Don't wait till the last minute!!!**



### Garage/Yard Sale

April 18, 2009 the Chamber of Commerce in Loleta is sponsoring a **Community Area GARAGE/YARD SALE**. You can sign up with them for \$3.00 and they will produce a map with **your address** on it so you don't have to transport your articles to another location. The map, then will be handed out and will show **all garage sale participants**.

**For more information call**

### Mystery Wiyots



The above picture was found in Cheryl Seidners cedar chest. There are no names on the back of the picture indicating who these people are. If anyone recognizes the people in the photo feel free to call the Tribal Office 707-733-5055.







## ...Of Interest

# WARRIOR DOWN

*A Relapse Prevention and Recovery Support Program for Native Americans*



**CALIFORNIA RURAL INDIAN HEALTH BOARD, INC.**  
4400 Auburn Blvd. 2nd Floor, Sacramento, California 95841  
Phone: (916) 929-9761  
Email: [Jennifer.Parsons@crihb.net](mailto:Jennifer.Parsons@crihb.net)

Registration Deadline is 1/7/08. Attendees *must* pre-register.  
**No walk-ins**



**FREE** three-day training!

**Warrior Down**

**January 21-23, 2009**

**8:00 am-5:00 pm**

**Holiday Inn**

**5321 Date Avenue**

**Sacramento, CA 95841**

*Up to 21 CEH for Alcohol / Drug Abuse Counselors  
(CADAC) #5-03-035-1009 and (LACC) #NBT 365-0005  
will be offered.*

All participants are on their own for lodging, food, and travel. A block of rooms have been reserved for this conference.

To make your hotel reservation  
call (916) 338-5800  
Holiday Inn Sacramento Northeast  
5321 Date Ave.  
Sacramento, CA  
95821  
[www.sacnortheast.com](http://www.sacnortheast.com)

The Warrior Down Program is designed to assist Native Americans already in recovery, those re-entering the community after treatment for alcohol or substance abuse, mental disorders or after incarceration, and working on their recovery journey using traditional method or 12 Step methods and who wish to provide support to others experiencing the same issues.

This program, developed by Wellbriety For Prisons  
[www.wellbrietyforprisons.org](http://www.wellbrietyforprisons.org)



Fax Registration Form to (916) 929-7246 or Email to [Jennifer.Parsons@crihb.net](mailto:Jennifer.Parsons@crihb.net)

NAME: \_\_\_\_\_ TITLE: \_\_\_\_\_  
PROGRAM: \_\_\_\_\_ EMAIL: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
PHONE: \_\_\_\_\_ FAX: \_\_\_\_\_

*This training is made possible by the Recovery/Treatment Technical Assistance and Training for Native Americans in California contract funded through the State Department of Alcohol and Drugs*





## Cultural from the Ground up...

### New Artifacts for the Wiyot Tribe Heritage Center

In December 2008, we received many exciting artifacts! Deborah Baskette and Wilma Ellery donated over seventy lithic arrowheads and scrapers, which she inherited from her mother and father. These arrowheads were found by the Sawyer family while they were plowing their fields near Eel River drive in Fortuna.

The oldest arrowhead—indicated with the arrow—dates from the middle period, around 800 B.C.! Earlier this year, Rusty Ward donated a large net weight. This fine object significantly helps to increase tribal knowledge about one type of fishing technique used by earlier generations.

Finally, the Wiyot Tribe purchased many outstanding artifacts from a private collector, including stone tools, arrowheads, harpoons, and most importantly, five zoomorphs! While the use and meaning behind the zoomorphs remain a mystery (discussed in the March newsletter), these beautifully carved figures were probably stylized after elk and deer and most likely used as a ceremonial item.

To those of you who have donated, Hu (Thank you) very much, these objects give us insight into Wiyot culture and history. For more information on donating, please contact Helene Rouvier at the Cultural Center. These newly accessioned items are currently on display in the Cultural Center and in the main building's exhibit case, come check it out!!!

*(Article and pictures by Ben Brown, Assistant Registrar)*





## ...Cultural from the Ground Up

Notice the “arrow” placement at the top of the pictures



(Pictured to the right  
are “zoomorphs”)







# Cultural From the Ground Up...Language

## Updates to the Wiyot Writing System Submitted by Lynnika Butler, Language Project Manager

He'v́alou'!

The Language Committee approved a few changes to the writing system at the Nov. 24 meeting. The changes, suggested by Victor Golla at HSU, were made with the aim of making reading Wiyot a little easier (we wanted to avoid difficult spellings like *bplhadtgk* for 'rock').

Spellings that have changed since the meeting with Bill Weigel last spring are marked with an arrow, and the old spelling is shown in brackets.

[bh] à	v	Similar to English ‘v’, but pronounced with the lips <i>almost</i> touching instead of upper teeth and lower lip	vus = <i>fire</i>		l	Like English ‘l’ as in <b>loud</b>	lash = <i>strawberry</i>	
[bp] à	b	Between English ‘b’ as in <b>bit</b> and ‘p’ as in <b>spit</b> . NOT like English ‘p’ as in <b>pit</b> (no puff of air)!	ba’m = <i>sturgeon</i>		lh	Not a sound in English. If you start to make an English ‘l’ but blow the air out the sides of your tongue, you are close (it may be easier to pronounce with a big smile). This should sound a little like ‘sh’!	lhec = <i>woodrat</i>	
[ph] à	p	Like English ‘p’ as in <b>pit</b> , with a strong puff of air	pak = <i>salt</i>		r	Like English ‘r’ as in <b>rumor</b>	ruk = <i>laugh</i>	
	y	Like English ‘y’ as in <b>yes</b> . NOT like English ‘y’ as in <b>why</b> !	yaw = <i>eel basket</i>		gh	Not a sound in English. Similar to English ‘g’ (as in <b>go</b> ) but much ‘softer’. (Try pretending to gargle VERY SOFTLY with no water.)	ghus = <i>Manzanita</i>	
	n	Like English ‘n’ as in <b>noon</b>	nitw = <i>close eyes</i>		[gk] à	g	Between English ‘g’ as in <b>gill</b> and ‘k’ as in <b>skill</b> . NOT like English ‘k’ as in <b>kill</b> (no puff of air)!	gi’y = <i>basketry cap</i>
[dh] à	rr	Similar to the ‘d’ in <b>ready</b> (when spoken naturally), but much softer than ‘d’ in <b>date</b> . A very light tap of the tongue behind the teeth.	rra’l = <i>plate basket</i>		[kh] à	k	Like English ‘k’ as in <b>kill</b> , with a strong puff of air	kak = <i>cloudy night</i>
[dt] à	d	Between English ‘d’ as in <b>doe</b> and ‘t’ as in <b>stow</b> . NOT like English ‘t’ as in <b>toe</b> (no puff of air)!	du’k = <i>spruce</i>		q	Between English ‘gw’ as in <b>dogwood</b> and ‘qu’ as in <b>squeak</b>	quq = <i>frog</i>	
[th] à	t	Like English ‘t’ as in <b>toe</b> , with a strong puff of air	ta’m = <i>clock, sun</i>		qh	Like English ‘qu’ as in <b>queen</b> , but with a strong puff of air	qhuli = <i>here</i>	
	ts	Like English ‘ts’ as in <b>cats</b> or ‘zz’ as in <b>pizza</b>	tsek = <i>child</i>		h	Like English ‘h’ as in <b>house</b>	hiq = <i>snow/hail</i>	
	tsh	Like English ‘ts’ as in <b>cats</b> or ‘zz’ as in <b>pizza</b> , but with a strong puff of air	tsharr = <i>mussels</i>		’	Like the sound between ‘uh’ and ‘oh’ in <b>uh_oh</b>	shou’r = <i>beach/ocean</i>	
	j	Like English ‘j’ as in <b>job</b>	jaj = <i>up the river</i>					
	ch	Like English ‘ch’ as in <b>cheek</b> , with a strong puff of air	choul = <i>your maternal aunt</i>					
	s	Like English ‘s’ as in <b>sister</b>	sisw = <i>be black</i>					
	sh	Like English ‘sh’ as in <b>shoe</b>	shvat = <i>bow</i>					



## Environment Around Us...

### Cold weather emergency supplies for your automobile

By Tim Nelson

It is that time of year again where care for your automobile is at its most crucial point. With the lack of proper fluids, a charged battery, etc., the cold weather can wreak havoc on your automobile and, at worst, cause it not to start. We have all heard the stories where a family takes a day trip up to the top of a hill or mountain to play in the snow, gets lost or their car won't start, and a snowstorm occurs. A good majority of us would like to believe that this would never happen to us or our family but, can we be 100% sure that it will not? The answer is no and the point that we all need to learn from these stories or our past experiences is that we should ALWAYS be prepared for the worst, even when we think it is unnecessary.

It can be scary to think about what we would do if we were ever caught in a situation where you or your family were lost on a back country road, in the middle of a snowstorm, and the car will not start. What do you do? Do you stay in the car and wait for help to arrive? Yes. Most often than not, after waiting for help to arrive for hours or days without proper supplies, our minds will flip into survival mode, we will begin to think for ourselves or our family's sake, and we will venture away from our automobile in search of help. If

you disrupt this behavior, ensure that you have the necessary supplies on hand to survive many days without assistance, you will do exactly what you should do in a situation like this, stay in the car.

Survival is key and the necessary items that you must have include: water, food, and a heat sequestering item or source. **The following are items that should be included in a winter automobile emergency kit:**

*1-2 boxes of energy bars will suffice granted they contain enough calories to ensure proper dietary needs*

*Water bottles or boxes (typically you would have 1 gallon/person/day but snow can be melted and purified by tablets)*

*Water-proof matches and a smaller can to melt snow*

*Certified First Aid Kit*

*Thermal Blankets*

*Ponchos with hoods*

*Compass and road maps*

*Knife*

*Shovel*

*Safety Whistle*

*Tissue Packs*

*Light sticks*

*Water Purification Tablets*

*Dust Masks (in case of gases from carbon monoxide if lighting candles for heat. Simply roll windows down a touch to allow for carbon monoxide to escape)*



*Pair Vinyl Gloves (prevent possible infection)*

*AM/FM Solar Radio & Flashlight with Generator*

*Sand or cat litter for tire traction*  
*Storage container or bag for supplies*

Also, it is very important that you make sure to tell a family member, friend, neighbor, etc where you are going so that emergency responders know where to search in case you or your family has not been seen or heard from. Also, pack extra warm clothes and make sure that you have a proper road side emergency kit handy as supplies like road flares can assist in visual identification from air emergency responders.

No kit can fully prepare you for a winter driving season and the dangers that could happen as a result of a sudden change in weather patterns. Be sure to think about the individuals you will be protecting in your automobile as each may have their own needs. Pack extra supplies needed as it is better to be stranded with more than necessary than with less than adequate supplies.

For more information on emergency preparedness or supply kits, call or visit the Environmental department.



## Environment Around Us...

### Garden Planning....Spring is Just Around the Corner

You know, if you do any amount of gardening, that it's never too late or early to start planning your spring garden. Here are some tips you may put into your planning.

#### Spring

- Sow seeds of vegetables and flowers indoors. Check packets for timing
- Cut back ornamental grasses before shoots emerge
- Plant cool-weather spring annuals, such as pansies, sweet William, kale, and snapdragons about a month before the last expected frost
- Reapply organic mulches, such as compost or wood chips, before perennials fill in.
- Divide and replant perennials as soon as new sprouts appear
- Plant deciduous and evergreen trees and shrubs before hot weather arrives

#### Summer

- If flowering shrubs need pruning, do so after flowering and before the end of June
- Replace faded spring annuals with heat-loving plants

such as zinnia, petunia, lantana, and salvia



- Continuously deadhead annual and perennial flowers to encourage more blooming and keep the garden tidy
- Fertilize roses and flowering container plants every 2 to 3 weeks

#### Fall

- Protect young trees and shrubs from winter animal damage by installing truck protectors or wire mesh
- Plant spring-blooming bulbs and deciduous trees and shrubs before the soil freezes



#### Winter

- Prune trees and shrubs while they are dormant in mid-winter

- Cut back on feeding houseplants during winter

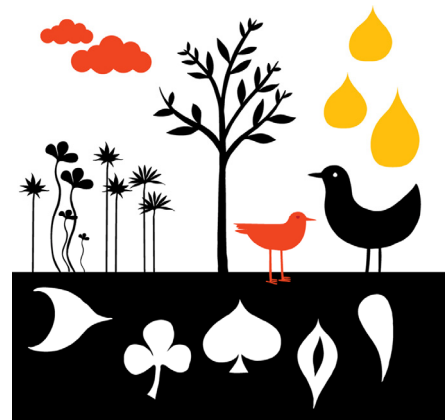
#### Gardening for the Table

- Plant lettuce, radishes, kale, cabbage, chard, and peas 3 to 4 weeks before your last frost. Wait until 2 to 3 weeks after the last frost to plant tomatoes, squash, and peppers. Plant salad crops again 4 to 6 weeks before first fall frost



#### Attracting Birds and Butterflies

The [Audubon.org](http://Audubon.org) has loads of information about attracting and feeding birds in your yard.







## ... News and Notes from Social Services

### Bill Rossig receives National Native Elder HERO Award

GRAND FORKS, ND – William “Bill” Rossig, a member of the Wiyot Tribe, has been selected as a recipient of the National Native Elder HERO Award. Recipients were chosen from across the United States for their dedication to helping Native elders solve local problems, share cultural traditions, and build stronger communities.

Bill is a dedicated volunteer in the local Indian Communities and the Greater Humboldt County Community. Ever since Bill was a young man, he has been a philanthropist. He has been a great coach for generations of youth sporting teams in the Eureka area. Bill has always been there for the community and regularly helps-out family, friends, and neighbors with household chores and yard work. Bill has been a volunteer for the Blue Lake Rancheria Elder Nutrition Program for over 15 years. Bill packages at least 220 meals a week, bringing his total meal contribution to tens of thousands! He also volunteers every year at the Annual Elders’ Christmas Luncheon in Blue Lake. This year he has volunteered to help out again and the Rancheria has happily accepted his offer.

In addition to volunteering for the Blue Lake Rancheria,

Bill has served on the Wiyot Tribal Council for five years and sits on two United Indian Health Services, Inc. boards. He and other Elders oversee the Tobacco Sacred Use/Not Abuse Board and the Diabetes Prevention Board. He meets twice a month at the United Indian Health Service, Inc. Potawot Health Clinic and volunteers extra hours, as needed. He also volunteers at the Moose Lodge (Cutten, CA), and keeps the grounds clean by cutting the grass, brush, and other odd jobs. Bill regularly volunteers to cook, set-up, or clean up at the Humboldt Grange Dinners. Bill has volunteered to help build two of the houses on the Table Bluff Reservation and set up the children’s playground. He is Santa for the Wiyot Tribe Youth Christmas Program every year and volunteers at the Family Fun Day. On top of that, Bill started his own Elder Wood Program. He acquires scrap wood from different vendors and delivers it to Indian Elders on the Wiyot Reservation.

Bill will be receiving his HERO Award at the Blue Lake Rancheria Elder Programs Luncheon to be held on Wednesday, December 10<sup>th</sup> at the Blue Lake Casino Sapphire Palace in Blue Lake at noon. The HERO Project was conceived by the late Dr. Alan Allery and developed through the NRCNAA (National Resource Center for Native American Aging) at the University of North Dakota School of Medicine

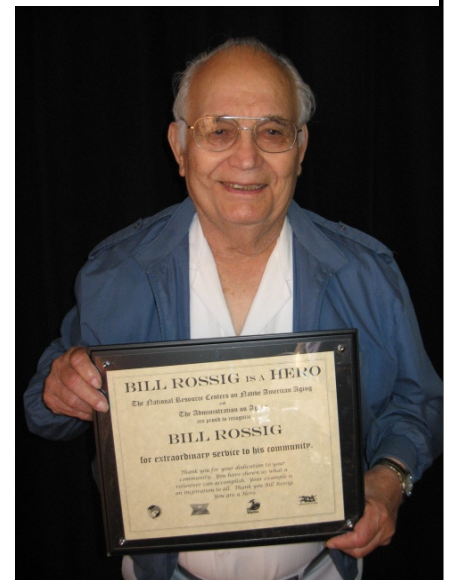
and Health Sciences in Grand Forks, North Dakota, and the Administration on Aging. The NRCNAA strives to identify and increase awareness of evolving Native elder health and social issues and empower Native people to develop community-based solutions.

**Contact:** Anita Huff, Elder Programs Director, (707) 668-5101x309

[ahuff@bluelakerancheria-nsn.gov](mailto:ahuff@bluelakerancheria-nsn.gov)

Or

Ann Miller, Heroes Project Coordinator, National Resource Center on Native American Aging (701) 777-6779, [amil-ler@medicine.nodak.edu](mailto:amil-ler@medicine.nodak.edu)



Bill Rossig



## News and Notes from Social Services...

### Wiyot Parent Committee

The Wiyot Parent Committee will meet on January 5th, 2009, at 6 pm. The committee will be electing officers.

### Toddler Time

Are you a parent of a young child? Would you like to introduce your child to other children in his/her age group?

Would you like to help prepare your child for preschool and kindergarten?

Young children aged 0-5 and their parents are invited to drop into the Table Bluff Reservation Monday, Thursday, and Friday at 2:30 for Toddler Time.

Toddler Time activities have been constructed to increase letter and number recognition, and enhance reading appreciation as well as prepare toddlers for entry into preschool.



If you have any questions about Toddler Time, please contact Michelle or Jessica at (707) 733-5055.

### Free Tax Preparation for Low Income Taxpayers!

This tax season, California Indian Legal Services is again partnering with the Legal aid society of Orange County to provide free tax return assistance to low income taxpayers using I-Can!™ E-file. I-Can!™ E-file is an online program designed to allow eligible taxpayers to e-file or print out and mail tax returns. The service is available to most households with incomes under \$50,000. Tax return assistance will be available over the phone through CILS at 800-743-8941 or through a link on the CILS web-page at [www.calindian.org](http://www.calindian.org) beginning in January 2009.

The program helps qualified users claim the



earned income tax credit, a special credit for low-income workers. The EITC is overlooked by many taxpayers, even though it can add thousands of dollars to their tax return.

Many who qualify for the Earned Income Tax Credit don't know how to claim it or lose out on much of their return by paying high fees to commercial tax preparers who promote high interest Refund Anticipation Loans. Even those taxpayers not eligible for the Earned Income Tax Credit may still be able to complete their tax returns using the I-Can!™ E-file service if their household income is under \$50,000.



CILS has helped ensure that the I-Can!™ E-file system addresses many specialized issues faced by Indian taxpayers, such as reporting Per Capita and Revenue Sharing Trust Fund distributions correctly and determining what income earned in Indian Country may be exempt from state tax.

Don't lose out on this great tax credit and don't pay commercial tax preparers to help you get it. Call CILS's office at (800) 743-8941.



## News and Notes from Social Services...

### Coalition for American Indians in Computing

Are you a Native American? Interested in Computers and wondering what college is like?

Sign up for CAIC 2009 (Coalition for American Indians in Computing) for this summer at Humboldt State University.

Learn about computer gaming, geographic information systems, digital media, and much more!

Learn how to prepare for college; learn about the many support programs for success at Humboldt State University.

The Coalition for American Indians in Computing (CAIC) program's goal is to recruit American Indian students into the study of computers. One of the program's foundational assumptions, confirmed by numerous discussions with Tribal representatives, is that students with such education and skill are well-positioned to be able to return to their communities and make meaningful contributions.

The program has two focuses. One, the CAIC Scholars program, focuses on American Indian and Alaska Native students enrolled at HSU and studying some aspect of computing.

In addition to offering these students small stipends, the CAIC program attempts to support and nurture them as they progress from entry through graduation. And two, the CAIC summer program, offers a summer experience to American Indian and Alaska Native students who think they might be interested in studying computing at the college level. This coming July will see year two of the summer experience. This program is free for participants. Applications and additional flyers are available online at [www.humboldt.edu/~caic](http://www.humboldt.edu/~caic). The application deadline is March 1<sup>st</sup>! If you need to speak with someone directly contact the program director at (707) 826-3380.

Participation includes:

- Free room and board
- Free activities & travel to the program
- \$100.00 stipend

**Who:** Self-identified American Indian and Alaskan Native High School Students grades 11 & 12

**Where:** Humboldt State University, Northern California

**When:** July 11-25, 2009

Applications deadline is May 1, 2009

For information and applications visit:

<http://Humboldt.edu/-caic>

**Email:** [caic@humboldt.edu](mailto:caic@humboldt.edu)

**Phone:** 707-826-3338

### New Years Resolution to quit smoking?

United Indian Health Services has a tobacco cessation program that can help you learn how to create a quit plan, build a personal support network and master the first few days of quitting. If you would like to quit smoking or even if you are thinking about quitting contact the "Smoke Fish, Not Cigarettes" Cessation Program at United Indian Health Services (707) 825-5070 or 1-800-675-3693 ask for Trish, Diane or Liz.

Did you know that within 20 minutes of smoking that last cigarette, the body begins a series of changes that continues for years.

#### 20 Minutes

- \* Blood pressure drops to normal
- \* Pulse rate drops to normal
- \* Body temperature of hands and feet increases to normal

#### 8 Hours

- \* Carbon monoxide level in blood drops to normal

- \* Oxygen level in blood increases to normal

#### 24 Hours

- \* Chance of heart attack decreases

#### 48 Hours

- \* Nerve endings start regrowing
- \* Ability to smell and taste is enhanced

(continued on page 12 and 13)



## News and Notes from Social Services...

### Wiyot Elders Menu January 2009

Monday	Tuesday	Wednesday	Thursday	Friday
29 Vegetarian Lasagna Green Beans Fruit in fruit juice 1% Milk 100% Fruit Juice	30 Chili Con Carne Cornbread Fruit in fruit juice 1% Milk 100% Fruit Juice	31 Split Pea and Ham Whole Wheat Crackers Sandwich – Cooks Choice Fruit in fruit juice 1% Milk 100% Fruit Juice	1    Closed	2    Closed
5 Chicken & Rice Soup Whole Wheat Crackers Sandwich – Cooks Choice Fruit in fruit juice 1% Milk 100% Fruit Juice	6 Enchilada Casserole Corn Fruit in fruit juice 1% Milk 100% Fruit Juice	7 Lemon Chicken 50/50 Rice Peas and Carrots Fruit in fruit juice 1% Milk 100% Fruit Juice	8 Beef Stew Fruit in fruit juice Biscuit 1% Milk 100% Fruit Juice	9 Pancakes Sausage Patty Hash Browns Fruit in fruit juice 1% Milk 100% Fruit Juice
12 Salisbury Steak w/ gravy 50/50 Rice Mixed Vegetables Fruit in fruit juice 1% Milk 100% Fruit Juice	13 Chicken Sandwich on Whole Wheat Bun Corn Fruit in fruit juice 1% Milk 100% Fruit Juice	14 Roast Beef with Gravy Mashed Potatoes Green Beans Fruit in fruit juice 1% Milk 100% Fruit Juice	15 Sweet and Sour Pork 50/50 Rice Peas and Carrots Fruit in fruit juice 1% Milk 100% Fruit Juice	16 White Beans Whole Wheat Crackers Sandwich – Cooks Choice Fruit in fruit juice 1% Milk 100% Fruit Juice
19    Closed	20 Spaghetti w/ meat sauce Green Beans Fruit in fruit juice 1% Milk 100% Fruit Juice	21 Chicken Fried Steak Mashed Potatoes & Gravy Corn Fruit in fruit juice 1% Milk 100% Fruit Juice	22 Ham Slice Macaroni and Cheese Broccoli Fruit in fruit juice 1% Milk 100% Fruit Juice	23 Breakfast Burrito Raisins Fruit in fruit juice 1% Milk 100% Fruit Juice
26 Roast Turkey & Gravy Cornbread Stuffing Peas and Carrots Fruit in Fruit Juice 1% Milk 100% Fruit Juice	27 Beef Stroganoff Green Beans Fruit in fruit juice 1% Milk 100% Fruit Juice	28 BBQ Pork Riblett 50/50 Rice Corn Fruit in fruit juice 1% Milk 100% Fruit Juice	29 Vegetable Medley Soup Whole Wheat Crackers Sandwich – Cooks Choice Fruit in fruit juice 1% Milk 100% Fruit Juice	30 English Muffin Sandwich Raisins Fruit in fruit juice 1% Milk 100% Fruit Juice

(New Years Resolution continued from page 11) **2 Weeks to 3 Months\*** Circulation improves\* Walking becomes easier\* Lung function increases up to 30 percent **1 to 9 Months\*** Coughing, sinus congestion, fatigue, shortness of breath decreases\* Cilia regrows in the lungs, increasing ability to handle mucus, clean the lungs, reduce infection\* Body's overall energy increases **1 Year\*** Excess risk of coronary heart disease is half that of a smoker **5 Years\*** Lung cancer death rate for average former smoker (one pack a day) decreases by almost half\* Stroke risk is reduced to that of a non smoker 5-15 years after quitting\* Risk of cancer of the mouth, throat and esophagus is half that of a smoker's





## Wiyot Boys & Girls Club Winter Line Up

### January 2009

**\*\*No Boys & Girls club on January 2nd, 2009**

**\*\*No Boys & Girls club on January 19th-**

**Martin Luther King Jr. Day**

**\*\*Regular Club hours are Monday –Friday 3:30-6pm**

**\*\*Mondays, Thursdays, and Fridays from 2:30pm Toddler Time**

**\*\*Every Monday-Cultural**

**\*\*2nd and 4th Mondays-Men's Camp**

A Goodbye to Sam Gentle who left the Wiyot Country Boys & Girls Club in December. We have a new Boys & Girls Club Leader and his name is Justin Nickerman. He has been working in the Eureka

Boys & Girls Club site. The B&G club of Wiyot country will be operating Starting March 24th 11-3 while children are on Spring Break



*(Quit smoking continued from page 12)* **10 Years\*** Lung cancer death rate similar to that of a nonsmoker\* Pre-cancerous cells are replaced\* Risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decreases  
**15 Years\*** Risk of Coronary heart disease is that of a non-smoker



### Special Achievement Awards



**Pilar Lopez** for last year excellence, **Alex Lopez** improvement in reading, **Allie Wyland**, for most improved in spelling



**Matt Green** for most improved effort in reading; **Jon Miller** for a 3.0 grade average; **Alan Miller** for following class and school Codes of Conduct, turning in completed assignments on time; (and below) **Tyler Miller** for most improved in identity of self, recognition of his own skills and accomplishments, building friendships and awareness





# Happy Birthday

AJ Anderson	Grady Atkins	Jennifer Atkins
Erin Babcock	Kaylee Babcock	Norma Bennett
Tammie Bettis	Jan Braaten	Thurna Bray
Timothy Burrus	Charlene Cody	Sharon Cooper
McKenzie Crawford	Shayla Crawford	Gerald Detrick
Timothy Deyarmie	Gwendolyn Espinoza	Darrol Evenson
Darrell Evenson	Gail Green	Katie Greenburg
Kirsten Heinemann	Justin Henry	Henry James
Shane James	Robert Johnson	Deanne Meyers
James Norman	Jeneene Osterman	Darrell Rasco
Flemette Reyes	Karen Rodriguez	Mikenzie Roper
Kimberly Rossig	Marie Allynn Seidner	Elaine Tompkins
Harmon Tompkins	Patty Wheeler	Asher Wilkinson
Thomas Wilkinson	Jimmy Woodhurst	Vincent Woodhurst
Alexandra Wyland	Jackie Zacha	



## Newsletter Options

In light of being resourceful and conserving our precious natural resources, **we would like to offer receiving the Wiyot Tribe Newsletter by E-MAIL.**

On the back of the newsletter you are reading now, there is a change of address form which has been updated to include an e-mail address.

If you'd like to help in saving a tree, and receive your newsletter by email, just fill out the form and be sure to include your email address and mail it back to us or E-MAIL your address to me....

**[Linda@wiyot.us](mailto:Linda@wiyot.us)**

## Congratulations

*Betty Owen-Mead. Randall Mead Jr.*

*And sister Hailey Jade Mead*

*They have a new addition to their family*

*William Randall Mead*

*Born November 27-2008 at 2:54 am*

*19 inches long*

*Weighing 8 lbs*



## Wiyot Tribe Flag with new Tribal Seal Available



Now available at the Tribal office are the residential replica of the Wiyot Flag with the Tribal Seal. The size is 2'x3' and cost \$20.00 + tax, Christmas is coming and just in time...

Also available at the Tribal office are a selection of note cards by Lyn Risling and Rick Bartow.

The Sacred Sights throw blanket is available for \$75.00+tax

Call the Tribal Office for more information 707-733-5055 \*\*\* **[Now accepting major credit cards](#)**





# JANUARY 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 New Years Day office closed	2	3
4	5 Wiyot Parent Committee 6pm	6	7	8	9	10
11	12  Business Council	13	14	15	16	17
18	19 Martin Luther King Jr. Day Tribal Office Closed	20	21	22	23	24
25	26  Business Council	27	28	29	30	31



# Change of Address Request Form

This is to confirm that my new mailing address is as follows:

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

**EMAIL** \_\_\_\_\_

Telephone# \_\_\_\_\_ Tribal # \_\_\_\_\_

Previous Names Used: \_\_\_\_\_

Spouse  and/or children who will be affected: (list legal name and date of birth)

Signature \_\_\_\_\_



## **Wiyot Tribe**

1000 Wiyot Dr.

Loleta, CA 95551

Phone: 707-733-5055

Fax: 707-733-5601

Email: [wiyot@wiyot.us](mailto:wiyot@wiyot.us)



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